



CAN YOU TELL WHICH OF THESE TEENS IS IN RECOVERY?

ALL OF THEM

INDIVIDUALS IN RECOVERY LOOK JUST LIKE YOU AND ME

If you have a drug, alcohol, or mental disorder, you are not alone, and recovery is possible.

- Adolescents and young adults who experience these conditions can't just "snap out of it" on their own.
- Recovery is a combination of helping yourself and having others help you.
- Recovery means something different to everyone. Comfort and support, information and advice, and professional treatment are all forms of help.

You can turn to many people for help and support if you have a substance use or mental disorder, whether it's your friends, parents, other family members, mentors, teachers, or others whose advice you value.

People **can recover**, accomplish their goals, and lead happy, healthy lives.

For more information about recovery and events for teens or young adults, visit <http://www.recoverymonth.gov> or call 1-800-662-HELP (4357).

